

Bangalore Mirror

TEMP Max 27 | Min 17 | Humidity 77%

Misty morning & mainly clear sky

Sensex 57,806

Nifty 17,213

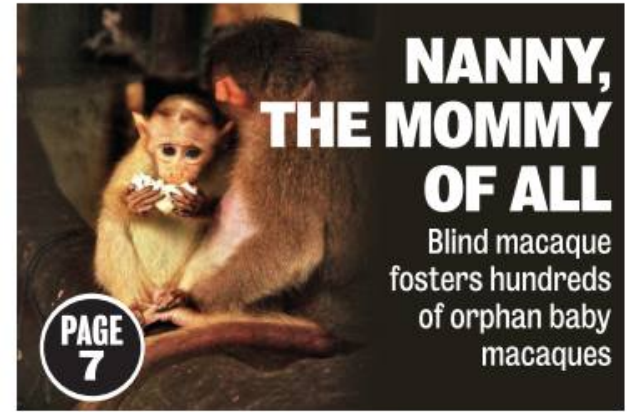
Gold 47,862

Silver 61,893

Dollar 74.58

Euro 84.62

GBP 100.60



DULT proposes continuous, obstruction-free, connected footpaths accessible and convenient for all, especially children, elderly and differently abled

WALK OF LIFE

Pedestrian is king: Active Mobility draft bill

| Sridhar.Vivan
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TWEETS @sridharVMIRROR

All truly great thoughts are conceived while walking, said philosopher Friedrich Nietzsche. On that note, here is a fillip for the pedestrians of Bengaluru: finally the authorities are walking the talk in a city where pedestrians are forced onto the roads as the footpaths are either broken, encroached, non-continuous or used by motorbikes and scooters.

As per the latest draft of the first ever Active Mobility Bill prepared by the Department of Urban Land Transport (DULT), footpaths should be constructed in all urban streets to form a network that is continuous, connected, free from obstructions, and providing short and direct routes for walking within neighbourhoods.

The draft stresses footpaths should be constructed in such a way that it is accessible and convenient to use for all, especially children, elderly, and persons with disabilities.

The footpaths need to be well-drained, well-lit and well-connected to the public transit stations and bus stops to provide first and last mile connectivity. The footpaths should be safe to use through implementation of measures like kerb ramps at crossings, pedestrian refuges, pedestrian signal phases and traffic calming



“This is the bill we have been waiting for. We never had any protection or laws or any kind of cover for pedestrians or cyclists as the motor vehicle act covers only motor vehicles.”

— Sathya Sankaran, Bengaluru Bicycle Mayor

measures. In case of vending zones, it should be duly notified, demarcated, developed and maintained to ensure no obstruction whatsoever to the

unimpeded and safe movement of pedestrians.

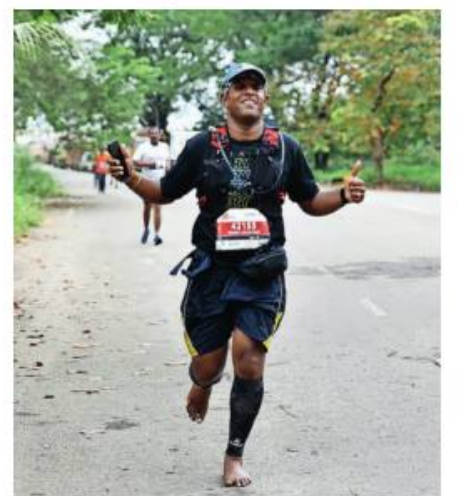
The draft bill highlights the overhaul of bus stop infrastructure to make it more pedestrian

friendly. “The Urban Local Bodies along with Urban Transport Agencies should plan design and ensure that bus stops

CONTINUED ON PAGE 8 >>

Blood Runner

As blood donations take a hit during pandemic, Bengalurean runs to spread awareness



| Iffath.Fathima@timesgroup.com

TWEETS @BangaloreMIRROR

A 43-year-old Bengalurean is up for a run of over 145 km from Vidhana Soudha to Mysore Palace asking people to come forward for blood donations.

A resident of KR Puram, Vinodh Kumar is a delivery manager by profession. Kumar will start his run to raise awareness on blood donation on December 31 midnight.

The ‘Run for blood’, is requesting citizens to come forward for blood donations.

Kumar has been involved in blood donation drives from October 2000, and has not stopped since. Like how there are multiple ways where the public is told about the blood donation drives through social media, earlier without much social media access, people were unaware of the blood donation drives.

Likewise, Kumar, in the initial years, donated blood about 3-4 times. He had tied up with the Lions Club of Bangalore then: the organisers would contact him as and when the drives would take place. Thereafter, he started to donate blood every three months.

From October 2000 until December 2021, he has carried out 74 times blood

CONTINUED ON PAGE 4 >>

3 THINGS TO DO



01 Dance for the soul

As the new year sets in, Bengaluru is getting ready to host the 10th edition of the Attakkalari India Biennial. Kicking off the celebrations for the milestone edition is the premiere of Sthavara-Jangama, a dance production choreographed by Attakkalari's artistic director Jayachandran Palazhy. Renowned Kannada poet, playwright and scholar HS Shivaprakash is consultant and advisor on literature & heritage for the production and award-winning musicians MD Pallavi and Bindhumalini don the title of music composers for it. Germany-based award-winning theatre director and digital artist Chris Ziegler brings in his expertise, creating digital imagery specifically for this production.

Where: Bangalore International Centre, Domlur;
When: Jan 8, 6:30 pm; **Tickets:** Rs 300, Instamojo, Bookmyshow, PayTM Insider



02 Yoga your way

Yoga refreshes your mind and spirit, tones your body and keeps your internal organs and hormonal system in balance. All the more reason for people of all ages to do yoga. In fact, yoga asanas are one of the few physical exercises you can continue doing as you age. Sign up for this online session on yoga and exercises that are perfect for beginners and senior citizens too.

Where: Online; **When:** Jan 1 onwards, 10 am
Tickets: Rs 499, insider.in

03 A king's dream

Catch Matte Mukhyamantri, A Kannada play that envisages political system in a state. This play revolves around a Chief Minister of the state who is a man with a vision and clean hands. He dreamt of a corruption-free rule and implemented many schemes beneficial to society. Will he be able to fix the corrupt system? The play is written by Dr KY Narayanaswami. Mukhyamantri character is played by renowned thespian Dr Mukhyamantri Chandru and directed by Dr BV Rajaram.

Where: Ranga Shankara, JP Nagar; **When:** Dec 30, 7:30 pm
Tickets: Rs 150, bookmyshow.com



CAUTION, COMPLIANCE, CARE

... are our best chances of avoiding a possible third wave say experts and government officials even as covid cases rise in the city and state

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TWEETS @sridharvMirror

For the first time in the last few months, Bengaluru's covid score crossed 400. Many cities across the country are now seeing a surge in Covid cases with Mumbai reporting a record 2,510 cases on Wednesday. While most experts and officials say it is too soon to panic about a third wave, they unanimously agree that compliance of covid rules are our best bet.

A health expert said: "Globally, there seems to be a rapid rise in Covid cases. While UK and France continue to report one lakh cases a day, the surge is being seen in the US and many other countries. Some European countries are seeing the fourth and fifth wave. In India, with Delhi and Mumbai reporting high cases, it looks like this could be the initial days of a third wave if not a blip. However, it is too early to predict anything."

On Wednesday, as per the health bulletin, Karnataka reported 566 fresh cases -- out of which, five were Omicron -- with Bengaluru alone contributing to 400. The total positivity rate which is a key indicator of a covid wave has now jumped to 0.62 per cent from the earlier 0.2 per cent in the city. However, Covid deaths have been consistently low.

Dr MK Sudarshan, who heads the government-appointed Covid Technical Advisory Committee, said: "A number of clusters have been reported from many educational institutions and a few residential schools. When contact tracing and testing is done, additional cases are also detected. Those with CT value less than 30 are sent for genome sequencing."

"At this moment, there is no alarming rate of hospitalisation or any such activity. The cases are either mild or asymptomatic. If the cases continue to climb for seven to 10 days which is an average incubation period, then we can say that possible third wave."

Other experts however, warn that the cases in India in general or Karnataka in particular may be heading the UK way. However, Dr Sudarshan said that it was wrong to compare Covid in the UK and Karnataka.

"The population of the UK is roughly around 6.8 crore and the country is reporting one lakh new cases a day. Meanwhile, assuming Karnataka's population to be 6.2 crore and we are reporting 500 plus cases. Hence, there is no comparison to Karnataka and UK's Covid scenario. We



Clockwise from top: MG Road wears a deserted look during night curfew, a health worker collects swab samples at Majestic Bus Stand, and cops patrol CTO Circle during night curfew hours

need to always keep in mind that we should not press the panic button," he added.

The city's war room bulletin states that a few of the wards which were reporting Covid cases in single digits have seen a slight increase to two-digit numbers while there are many wards which continue to have zero cases.

Strict regulations on the cards

Bruhat Bengaluru Mahanagara Palike (BBMP) Chief Commissioner Gaurav Gupta has instructed officials to take up necessary measures to control the spread of Omicron in BBMP limits by taking up joint operations with the police officials ensuring the strict enforcement of the regulations given by the state government.

Addressing a virtual joint meeting held with BBMP and the police department on Wednesday to control the spread of Covid, Gupta said that on an average, there were 150 - 200 Covid-19 cases being registered in BBMP limits every day.

"In the last three days, it has increased up to 250. It is neces-

sary to stop the number from increasing. BBMP officials and police personnel have to take up joint operations. The regulations issued by the State Government must be enforced strictly. Restaurants, pubs, clubs should only be allowed to operate with 50 per cent seating capacity. The personnel working there must have an RT-PCR-negative certificate and they must have taken both doses of the vaccine. They must comply with covid-appropriate behaviour. Only customers who have taken double doses of the vaccine shall be allowed."

"Ensure no new year celebrations are arranged in public places. Public announcements regarding this must be carried out in the city. Action should be taken by BBMP officials and police against people failing to obey covid-appropriate behaviour."

"Educate the people about the regulations issued by the government by conducting meetings with Residents Welfare Associations, people using Paying Guest (PG) accommodations, hostels and markets. Instruct them to follow the rules," Gupta instructed the officials.

He also said that new year cel-

Regulations by the State Government must be followed & citizens must comply with covid-appropriate behaviour - Gaurav Gupta, BBMP Chief Commissioner

ebrations after 10 pm should not be allowed anywhere in the city, he added.

BBMP Administrator Rakesh Singh said: "We have to have a balanced approach towards the people and enforcement."

"The situation is of great concern and the enforcement of rules should be fine. Wishing a happy new year to everybody, let us start the new year on a better footing."

City Police Commissioner Sri Kamal Pant said that night curfew after 10 pm was being enforced strictly in the city to control the spreading of covid-19.

"Regulations issued by the government should be enforced strictly. Measures should be taken to avoid public gatherings. Ensure no bad incidents happen in public places."

BBMP's guard on

Special teams have been witnessing a large number of CAB violations in shopping malls and supermarkets

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Burhat Bengaluru Mahanagara Palike marshals have intensified the patrolling of covid-appropriate behaviour, especially in malls, with health officials who are spreading awareness in crowded areas.

Special teams, formed only to monitor CAB violations in malls and supermarkets, have been witnessing a large number of violations. The special teams along with health officials and MOH of respective jurisdictions are visiting Orion mall, Lido mall, 1MG mall, Westside mall, Sigma mall, Gopalan mall and Garuda mall. The officials say that these malls have larger footfall and the marshals have been deployed to control the spread of covid.

BBMP Chief Marshal Rajbir Singh said that the special teams with health officials started visiting the malls since Monday, but for two days, they were spreading more awareness than imposing fines. "We will intensify the drives in malls from Thursday as the crowd will increase for the New Year celebrations. Currently, marshals are deployed in a few malls



BBMP marshals monitor CAB implementation at a shopping mall

and they will be deployed in other malls as well. We are seeing more violations in Orion mall where

majority of them were found not wearing masks, and in some stores, they were not maintaining social

"We will intensify the drives in malls from Thursday as the crowd will increase for the NYE celebrations. Marshals will be deployed in a few more malls

—Rajbir Singh, BBMP chief marshal

distance as well," he said.

According to the marshals, on Tuesday alone, they booked 746 flouters of social distancing norms and mask defaulters in a single day. The majority of cases were booked in malls. As much as Rs1.86 lakh fine was collected in a single day.

An official from the BBMP said that while the marshals were implementing CAB, the health officials were checking if people at the mall are double vaccinated and are producing the certificates before entering. "Every person entering the mall is being scanned and we interacted with people asking them to follow CAB. Some stores were crowded where we warned the shopkeepers to maintain social distance and even educated the crowd," he said.

CM wants pro-Kannada organisations to revoke bandh

#HUBBALLI

Karnataka Chief Minister Basavaraj Bommai on Wednesday appealed to pro-Kannada organisations not to go ahead with the state-wide bandh called by them on December 31, demanding a complete ban on the activities of the Maharashtra Ekikaran Samithi (MES).

He said the government has already taken action against "anti Kannada forces" and was examining their demand for the ban legally.



"I appeal to organisations... as per their wishes, we have already taken several decisions. We have taken strict action as per law against anti Kannada forces. On the demand for banning MES, we are examining it legally. So I appeal to them through the media not to go ahead with the bandh. Bandh is not an answer for everything," Bommai said.

Speaking to reporters here, he said, the government would welcome it if organisations want to put pressure in any other peaceful way, other than bandh.

"So we earnestly appeal to the organisations to drop the bandh call," he added.

Several pro-Kannada organisations have called for a day-long state wide bandh on December 31, demanding a complete ban on the activities of Maharashtra Ekikaran Samithi in the state.

The scarred flyover

Potholes turn death traps for motorists on Benniganahalli flyover

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With more accidents taking place on flyovers, many minor mishaps which go unreported result due to potholes. Benniganahalli flyover, which connects the Outer Ring Road to Old Madras Road, is one of the busiest flyovers and probably holds the distinction of being the most potholed flyover. While the potholes are increasing day by day, the top layer is wearing out, creating fear among motorists.

During night times, when the speed increases, the motorists are at the risk of falling off the bikes if the wheels get stuck in potholes, said Sunil Kumar, a techie. "It is very difficult to drive on this road. The cars and other vehicles are getting damaged due to the craters. However, during the day, the traffic is bumper to bumper. Invariably, many vehicles cannot avoid the pothole and the wheels end up landing on these potholes. We wonder why the BBMP, which promised to fix potholes across the city, has



A normal day traffic on Benniganahalli flyover; (inset) a pothole on the stretch posing danger to commuters

failed to notice the flyover," he added.

Nareesh S, a businessman, said that the flyover is a blemish in Bengaluru. "While the top portion of the flyover has so many potholes, the bottom portion has turned into a dumping yard. This is a classic example of how a flyover should not be. Sadly, vehicle users have to bear this on a daily basis," he added.

As a portion of the top layer has worn out, many motorists are scared of using the stretch.

However, a traffic expert said that a pothole was underneath the layer and it didn't pose any structural damage to the flyover. "To make riding a smooth experience, a bitumen surface is laid over the concrete. However, due to rain and poor drainage facilities, the top portion of the bitumen wore out. It could also be due to not mixing bitumen properly with other aggregates. As a result, this will definitely create a bad riding experience. I always suggest authorities use a sufficient amount of bitumen. It should be heated up before being rolled by either a six or eight-ton roller."

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It's not a lake... Or is it?

While Palike's lake division acknowledges Pattandur Agrahara Lake as a lake, roads division insists otherwise, continues to construct road on what could be a buffer zone

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TWEETS @BangaloreMIRROR

The roads division of Bruhat Bengaluru Mahanagara Palike (BBMP) has been constructing a road near Pattandur Agrahara Lake, despite receiving a letter from the lake division to stop construction in the buffer zone of the lake. The roads division continues to bulldoze the greenery around the lake but insists that it is not participating in any form of lake buffer zone violation as the area is not a lake as per RMP 2015.

BBMP chief engineer for roads and infrastructure BS Prahlad pointed out the omission of the lake in RMP 2015 and said that "there is no question of stopping work" as there is no buffer zone violation.

Further, he highlighted that with BDA scrapping RMP 2031 and the new proposed RMP 2041 in place, the anomalies in RMP 2031 can be ignored. Notably, the lake was omitted in RMP 2015 and was added back in RMP 2031. This means that as the new RMP 2041 is set to be formulated only within the next two years, the roads division will be relying on RMP 2015 to determine the status of the lake. Prahlad explained, "Roughly, between 1918 and '60 it was not considered to be a lake. It was used for cultivation... In 1957, being a low-lying area, it was recorded as a lake/kunte to denote that it is a water storage area. This 'lake' is as small as 11 acres."

He added that the (buffer) area is still under investigation and the roads division is not encroaching that part of the land. However, since the area cannot be categorised as a lake, the roads division will continue implementing the CDP. He



Roads department slashed greenery around lake, insists it is not participating in any form of lake buffer zone violation

also rubbished claims of rajakaluve encroachment by stating that buffer zones can only be considered if the water body can be called a lake.

Meanwhile, the lake division maintains that the lake was handed over by BDA to BBMP and is yet to be surveyed and that its boundary demarcation is yet to be carried out. Due to a stay order, issued in response to the road division's forceful TDR attempt, the department won't be able to complete the construction of the road soon. It must manage to acquire the stretch of land under stay by lawful means. This means BBMP must pay compensation to acquire the land. Moreover, the timeline of this road work is unclear.

Prahlad told BM, "The division is yet to gather the required funds to acquire the land and will continue to convince the opposing parties."

He noted that all roads are built despite some opposition. He then stated that a Metro station was built on Dharmambudi Lake and asked if the station must be demolished to revive the lake.

"If there is a judgement on this, we will stop construction. But, we can't make decisions based on an interim order," he said.

Lake activists have objected to the

Every government record and map since 1876 and before lists the area as a lake

— Sandeep Anirudhan

road division's claims that Pattandur Agrahara Lake is not a lake.

Always a lake

"Every government record and map since 1876 and before lists the area as a lake. Even now, Bhoomi acknowledges the lake, and RTC does the same. Every legal precedent says: Once a lake, always a lake. The term 'water body' used by the roads division is not a classification used in any government parlance," Sandeep Anirudhan, founder of Save Pattandur Agrahara Lake, said. "The recent judgement of another WP by the school was not on the road notification. It was about the Forcible TDR issued by the roads division, which was squashed by the court. BBMP was reminded only to attempt acquisition by lawful means. The 2018 order commands BBMP: 'not to form a road' without the consent from the school and other parties concerned. Since they have not acquired consent, then even forming the road, ie.,

a road alignment drawing involving the properties, without consent, as well as a corrigendum notification including the properties itself is a violation of the order. Yet, the roads division has started the formation of the road," Anirudhan told BM. Further, he asked, "Why are they (roads division) wasting the taxpayer's money on fragmented roads, when there is a high possibility of the road project being cancelled? Why not form a road only after all the parties concerned consent to it."

"Unless the boundaries are fixed by the survey department, we cannot confirm if the road is being constructed on the lake and in the buffer zone. However, if one goes by the current assumption, the road being constructed close to the lake falls under the buffer zone. The government must clarify whether the road is being constructed on the lake or buffer zone," retired Captain Santhosh KC, a prominent lake activist, said.

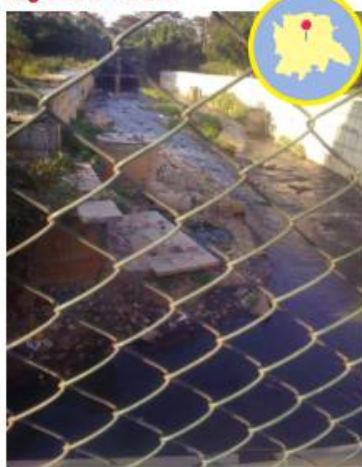
Ram Prasad, founder of Friends of Lake and a veteran lake activist, told BM, "Even if RMP omitted the lake, the status of the lake remains active. There are supreme court orders that state that inspite of CDP and RMP, such natural resources must be preserved."

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Draining stench

Mysore Road



This drain near Bangalore University must be covered. The stench is unbearable for those passing by.

Make provision

Marathahalli



The construction work at the bridge has been inconvenient for pedestrians and motorists. The authorities concerned must find a solution or arrange provisions to divert traffic.

Sweeping neglect

Kadubeesanahalli



The debris on Outer Ring Road must be cleared to ensure smoother rides.



On Dec 13, BM reported road construction in 'buffer zone' was resumed despite objections from citizen activists

Running for blood donations

CONTINUED FROM PAGE 1

donation including that of single donor platelets. "I have been running for a couple of years now and have been participating in different marathons. Initially, I started with a 5 km run and went up to a 25 km run. Then I did 42 km which was last week; further I even did an ultra run of 62 km to help donations in Pune. This way my stamina has increased and overall the quality of life has got better. Hence, I thought

it is better to create awareness of blood donation through such runs there by reaching out to people," said Kumar.

The SDP donation entails a specialised collection process where an automated cell separator machine is used to separate and collect platelets from the donated blood. This procedure is known as plateletpheresis and an aphaeresis machine separates the SDPs.

Kumar shall start the run around 12.00 am on January 1 from Vidhan

Soudha, reach Ramanagara, and further on run to Koli Circle, and Maddur. Around 1.30 pm there is a blood donation camp scheduled in Mandya, at Sanjeevani blood centres by PES engineering college, where he would spread awareness on the importance of blood donation. Around 5.30 pm his aim is to reach Srirangapatnam and by 8 pm reach the Mysore palace.

"My coach, Chethan Kumar from Striders, a fitness training company, will accompany me during the run.

Get in touch

Interested donors can enrol on www.lionsbloodline.com or by sending a WhatsApp message to 9448812330

He would drive the car the whole way, while I shall run. In between stops, where I need refreshments, I will take it from the car.

Even if just two to three people are benefitted by this awareness drive, it would bring a great change. Recently during covid, many blood donations have taken a huge hit. Bringing out awareness is the need of the hour," Kumar said.

C-metamorphosis: Of biz lounges at homes and paperless offices

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TWEETS @BangaloreMIRROR

Covid has changed the way we live, and even in the way we build. One of the current design trends observed in a number of under-construction and future apartments is that they have business lounges — a previously unheard of addition to homes.

Architects in Bangalore told Bangalore Mirror that their designs for clubhouses in future apartment complexes now include sufficient space for a business lounge, where residents can work from. The concept was first tried out on villa projects, many of which now include an office building with cubicles and a conference room in the design.

"On all our villa projects, we are including an office building in the design. The office building will have a number of work cubicles, a common area and a conference room. The option is given to owners in the community to pick up space there. This is something we have started trying already," says Indraneel Dutta of Dutta Kannan architects.

From villas, architects have quickly moved on to trying out the concept at apartment complexes. Designs for new apartment complexes include plans for a business lounge in the clubhouse. The lounge will include cubicles, conference rooms, break and coffee rooms and a common area.

"In apartment complexes, we are applying a similar concept in form of a business lounge, where there will be high-speed internet, a number of cubicles, a conference room and a coffee area. We are quickly shifting to a world where work-from-home is becoming the norm and so our goal is to provide apartment residents with an option to have a spare workspace close to home," adds Dutta.

The advantage of such a concept is that one can step out of their home to work without travelling all the way to the office. This business lounge also enables apartment residents to bring people over for business meetings without the need to take them into their homes. "We have been including working spaces in all our newer designs. If someone cannot work at home for whatever reason, they can still work remotely from the business lounge in their apartment. They can also host meetings there which is very convenient," says M Jagadish, another architect in the city.

Changing office spaces

Architects are also reporting that their designs for office spaces are steadily changing. Newer office spaces include more open space and fewer cubicles along with couches, beanbags, standing desks and various other engagements. It's no longer a one size fits all approach but one that seeks to provide comfortable



HYBRID MODEL TO STAY

Reacting to the new style of work culture, Alok Bansal (MD and Global Head of BFSI Business at Visionet Systems) said that the organisations are planning to recall employees to work from office which may be done in a phased manner. Organisations will have to plan and focus on a hybrid work culture which can give the employees the opportunity to work from home for a few days in a week. "The IT sector has already started working on a plan to bring employees to office. Organisations may consider to go 80-20 or 60-40 ratio working style format in the week. Organisations will have to plan and focus on safety and positive well being of their employees in office. Hybrid work culture will help both employees and organisations in many ways. Companies will have to quickly adapt the hybrid work culture as that is the need of the hour."

working space to people with all kinds of preferences.

"The most important trend that offices are following is paperless or touchless access. Earlier fingerprint machines were quite popular for entry into office spaces. This is changing, especially after Covid. Now, many office spaces allow employees to enter using their phone," says Indraneel. "Touchless urinals and taps in the washrooms are also being included in newer offices," he said.

As office spaces are becoming more hybrid, they are also becoming smaller. More companies are opting for smaller than before spaces for their offices now, according to architects. However, while the overall office space may be decreasing, social distancing and personal space for individual employees are increasing.

Architects predict that moving forward, the norm of one person, one office desk will become a memory of the past.

3 Nigerians held, drugs worth ₹80 lakh seized

Police said on Wednesday they have busted a major drug racket in Bengaluru. The police claims to have arrested three Nigeria nationals and seized drugs worth Rs 80 lakh from them.

The police said they seized MDMA, cocaine, hashish from the accused. The accused have told cops that the drugs were smuggled into Bengaluru for peddling and distribution to elite customers during new

year celebrations.

The sleuths of Narcotics wing of the Central Crime Branch (CCB) kept vigil on the suspected activity of peddlers in the city. After gathering inputs on activities of accused Nigerians in Bagalur police station limits, special operation was planned and executed. Probe revealed that the accused brought drugs from Mumbai in soap boxes and kept them at their residence.

-IANS

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personal

CHANGE OF NAME

I, ASLAM PASHA CHAND PASHA, R/at #3345, Mohalla Road, 2nd Cross, Vijayapura Amanikere, Devanahalli, Bangalore Rural-562135. I, Have changed my name to ASLAM PASHA, Vide Affidavit Dated: 29/12/2021. Sworn before Notary: G.Dayananda, Advocate, Bangalore

I, BHUVANESHWARI MANJU NATHAN W/o Manjunathan Palaniswamy residing at No.5, Sy.No.48/1, Happy Garden, Margondanahalli, K.R.Puram, Bangalore-560036 have changed my name to BHUVANESHWARI AMBIKAPATHI vide affidavit dated 29.12.2021 before notary G. Rajendra, Bangalore.

I Ambika Devi Gopakumari Amma W/O, Pattani Jayakumar R/o Tower A1 Flt 1004 Sandeep Vihar Awho Kannamangala Main Road Bangalore 560067 have changed my name to Ambika Jayakumar

I, LAKSHMI .K.S. R/at #19,Reveena Apts, G/ Floor, Byrappa Garden, 50th Cross, 1st Main, Banashankari 3rd Stage Bangalore-560085. I, Have changed my name to LAKSHMI SHEKAR.K.S. Vide Affidavit Dated: 28/12/2021. Sworn before Notary: P.N.Nagesha, Advocate, Bangalore

I, Prakash.R S/o Ramegowda R/o No.159, Lakshmiapura cross, Vadarahalli Layout, Vidyanayapura post Bengaluru 560097 have changed my 8 yrs old minor daughter name PAVANI.P(PAVANI PRAKASH) to SAANVI.P (SAANVI PRAKASH) affidavit date 29/12/2021 before notary Harisha.G Bengaluru

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I Pankaj Gupta S/O Virendra Kumar R/O # A-304, Hemanth orange Apts, 6" Cross, Kaggadasapura Road, Vignana Nagar, Bangalore, State Karnataka, PIN: 560075 have changed my name from Pankaj Gupta to Pankaj Virendrakumar Gupta for all future purposes

I Shristy Saxena W/o Devendra Gaur R/o E-727, Brigade Wisteria, Kanakapura Road, Kaggipura, Post Udayapura Post, Bangalore-560082 Have Changed My Name To Shristy Gaur Vide Affidavit Number - In-ka86115513562398T (s. No-1806) , Dated 21/12/2021 Before Notary By 21/12/2021

I, Harish Gopal R/o No.33, 8th main, 5th A cross, Hoysala Nagar, Ramamurthy Nagar Bengaluru 560016 have changed my 15 years old my minor son name Arjun Harish to ARJUN HARIISH affidavit date 29/12/2021 before notary Harisha.G Bengaluru

I, Harish Gopal R/o No.33, 8th main, 5th A cross, Hoysala Nagar, Ramamurthy Nagar Bengaluru 560016 have changed my 7 years old my minor son name Shankar Harish to SHANKAR HARIISH affidavit date 29/12/2021 before notary Harisha.G Bengaluru

I Saiyed Mohammed Arshad Ahmedali S/O, Ahmedali Usmanmiya Saiyed R/o Flat No 504, Wing 9, Ahad Euphoria, Sarjapur Road, Bengaluru-560035 have changed my name to Saiyed Mohammed Arshad

I Mohamed Ismail S/O, Aslam Pasha R/o No.13, 2nd Cross 2nd Main J J R Nagar Gori Palya Bangalore 560018 have changed my name to Mohammed Ismail for all purposes.

I, Maheboob Nabisab Multan S/o Nabi Sab R/o No-3099, ward no 16, Mohammediya Masjid hattir Khawaspur Shahapur Adilapur yadgir -585223 have changed my name to Maheboob

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Nanny, the mommy of all

Blind macaque fosters hundreds of orphaned baby macaques voluntarily

Bellie Thomas
bellie.thomas@timesgroup.com

TWEETS @Bellie_Mirror

Hundreds of orphaned baby macaques did not become parentless when Nanny, a 16-year-old completely blind macaque fostered them like her own.

The mothers of these baby macaques had died due to electrocution or road accidents and the People for Animals (PFA) treated them and gave shelter, a volunteer says.

Nanny has been fostering them voluntarily. As per the observations made by rehabilitators and curators at PFA, she knows that they are not her own babies, but identifies each of them with their smell, chief veterinarian Colonel Dr Navaz Shariff told Bangalore Mirror.

The veterinarians and rehabilitators say Nanny has been a great asset to the hospital, raising orphaned macaques as young as three-month-olds.

Staff at the PFA say Nanny came to them around 12-13 years ago after she became a victim of an acid attack. "Someone threw acid on her face and she lost both her eyes. She finds ladders and swings inside her enclosure using her muscle memory. "Whenever we want to introduce a new object like ladders, hammocks, swings or a utensil inside the enclosure, we make her touch it and adopt the sense," Shariff says. At present, Nanny is fostering around five baby macaques.

Veterinarians at PFA say when adult monkeys, especially the female ones die of electrocution or road accidents, their babies -- usually three to four in a group or in some cases even more, are left dislodged from their group. These baby monkeys are rescued by wildlife rescuers and brought to PFA where they are rehabilitated in three phases and released back into the wild.



Nanny cuddling a baby orphan macaque

The first phase is In-care facility, where the baby monkeys are put in kennels with incubators, heating pads, and soft toys and fed with milk and other supplements. These baby monkeys stay in the kennel for around three months where the humidity, temperature and the moisture is maintained adequately, and the rehabilitators and curators observe their growths. The kennels are also taken out in the sun frequently so that the babies get Vitamin D, a staff veterinarian said.

When these babies finish three to four months, they are then graduated to Nanny's enclosure which is called the Primate Orphanage Care, where the baby macaques' food habits are changed.

"Inside Nanny's enclosure, the baby macaques are fed with fruits, vegetables and milk. It's now when the baby monkeys will start to bond with Nanny who fosters them in turns and builds a confidence among them that they are in safe hands. "Nanny hugs the babies during cold nights and enjoys their warmth while she would be giving her warmth to them," Dr Shariff told BM.

It is at Nanny's enclosure the baby monkeys start forming their own comfortable groups, respecting hierarchy, with no fighting, sharing food and maintaining harmony. When the veterinarians and the curators observe a confident group, the monkeys are then shifted to the final release primate cage. At the final cage, which is situated a bit far from the hospital inside a forested space, the macaques are fed with food they would get only in forests. "The fruits are reduced and only vegetables and other items are fed to the macaques by feeders who would be clad in camouflage dresses. "During this, the human interaction is reduced and the monkeys are left in the cage for another couple of months under the observation of rehabilitators and curators who decide their date of release," Dr Shariff told BM.

"During the time of release, the macaques get annoyed if human beings go near them or try to feed them, which is a happy and a contented sign for us as the macaques are now ready to fend for themselves in the wild," Dr Shariff added.

As of now, Nanny had fostered more than hundred baby macaques and they were successfully released into the wild in consultation with the Karnataka Forest Department (KFD).

At present, there are eight macaques at the final release primate cage which are ready for release in the near future, while five baby macaques are being fostered by Nanny and four baby macaques are in the In-care facility, the chief veterinarian said.

Knight In Hooves for Altenburg Trophy

Ikram Khan
mybangaloremirror@timesgroup.com

TWEETS @BangaloreMirror

Fresh from the success in the Indian 2000 Guineas astride A Star Is Born at Mahalaxmi on Tuesday, Suraj Narredu and younger brother Rajesh Narredu will look to maintain the winning streak in the Altenburg Trophy, the plum event to be run over a distance of seven furlongs at the races on Thursday. The two brothers have chosen to pitch last start winner Knight In Hooves against the hat-trick seeker The Sovereign Orb from the stables of Suleiman Attaollahi and taking into account that the two in-form contestants will cross swords in what on cards promises to be an intense struggle for supremacy, the railbirds are making a beeline to the Bangalore Turf Club. Knight In Hooves on the strength of his final preparatory gallop gains my final vote and is likely to score in a fire to the wire clash.

A model of consistency, Muirfield from the stables of Arjun Manglorkar, who proudly led in Kensington, winner of the 2000 Guineas on Saturday, competing in the Big Brown Plate, looks head and shoulders above her six rivals and is recommended as the day's best betting proposition.

First race starts at 1.45 pm

- 1. Chambal Plate (Div-II) 1,200 m:** Awesome Girl 1, Santorini Secret 2, Lightning Attack 3.
- 2. Kodagu Plate (Div-II) 1,400 m:** Ombudsman 2, Kings Speech 2, Silverita 3.
- 3. Sardar Sarovar Plate (Div-II) 1,200 m:** Unique Style 1, Mark One 2, Mega Success 3.
- 4. Kodagu Plate (Div-I) 1,400 m:** Striking Memory 1, Allabouther 2, Drusilla 3.
- 5. Big Brown Plate 1,800 m:** Muirfield 1, Sacrament 2, Love 3.
- 6. Altenburg Trophy 1,400 m:** Knight In Hooves 1, The Sovereign ORB 2, Caracas 3.
- 7. Sardar Sarovar Plate (Div-I) 1200m:** Promise Kept 1, Lauterbrunnen 2, Reczai 3.
- 8. Chambal Plate (Div-I) 1,200 m:** San Bernardino 1, Ozark 2, Commando Post 3.

Day's Best: Muirfield.
Jackpot: 4, 5, 6, 7 and 8.
First Treble: 3, 4 and 5.
Second Treble: 6, 7 and 8.

THE YEAR THAT WAS

Poovamma, Priya Mohan shine through

SS Shreekumar
mybangaloremirror@timesgroup.com

TWEETS @BangaloreMIRROR

Karnataka's Machettira Raju Poovamma (30), who specialises in the one-lap race (400 m) and has won medals of all colours consistently at major national and international competitions. Her exploits while winning gold, silver or bronze in the Asian Games, Asian Championships and other major events in the past is well known. But, Poovamma did splendidly in the year 2021.

She participated in all the three legs of the Indian Grand Prix athletics event in February and March, and made a clean sweep of the women's 400 m race. She clocked 52.45 sec in the first Grand Prix, 53.60 secs in the second and 54.11 secs in the third to bag the gold medals. Poovamma also won the 800 m gold in the third GP, clocking 2:08.60 min.

She was unbeatable in the Federation Cup for seniors in March, winning the one-lap race in 54.57 sec. But, in the 60th National Inter-State

Senior championships at Patiala in June, she met her match in the rising Priya Habbathanahalli Mohan, who won the 400 m gold in 53.29 sec while Poovamma got the silver in 53.54 sec.

This victory justified the fact that Priya had emerged as a very bright prospect in Indian athletics. Priya (19) made heads turn at the World Under-20 Athletics championships in August in Nairobi, Kenya.

Priya was part of India's bronze medal-winning 4x400 m mixed relay team. The Indian quartet of Barath Sridhar, Priya Mohan, Sunny and Kapil clocked 3:20.60 sec to finish third in the final behind Nigeria and Poland. Priya came close to a second medal in the women's 400 m final, but with a new personal best of 52.77 seconds to better her own time of 53.29 secs at Patiala.

Aishwarya B won the silver in the women's triple jump in the Federation Cup with a leap of 13.16 m as Renu of Haryana took gold in 13.69 m.

Among men, C P Srikanth Madhya took silver in the 110 m hurdles, clocking 14.85 seconds while Nihal Joel



M R Poovamma

bagged 400 m bronze in 48.51 sec. S Lokesh was the winner of the bronze in long jump with an effort of 87.60 m.

In Grand Prix I on February 18, apart from Poovamma, Daneshwari A T won silver in 100 m dash for women, clocking 11.86 behind Dutee Chand of Odisha, who won gold in 11.51 sec. Kaveri Laxmango Patil won the 200 m silver in 0:24.45 sec. Among men, Nagaraja E won silver in the 5,000 m run for men in 18:48.41 min.

SPORTS

In the men's javelin in the second GP on February 25, Manu D P won bronze, hurling the spear to 75.28 m. Nagaraj Shivappa Kudubhavi bagged silver in men's 400 m in 48.34 sec.

In the 18th National Federation Cup athletics for Juniors (Under-20) held in January in Bhopal, Karnataka sprinter Abhin B Devadiga won the 200 m gold in 21.50 sec, but had to settle for the silver in the 100 m sprint. In the 400 m hurdles, Karnataka's Rakshith bagged gold in 53.78 sec.

Hockey

Karnataka's Ankitha Suresh, an international-level hockey coach, was appointed as the assistant coach of the Indian women's team during the Tokyo Olympics. The team missed a bronze medal by a whisker, losing to England in the semi-final. But, Ankita made substantial contributions towards it that was widely acknowledged by the chief coach Sjoerd Marijne of The Netherlands.

Badminton

Making her debut in the senior category for the first time, Kriti Bharadwaj

did very well in the Victor Denmark International badminton challenge in Denmark when she secured a world ranking for the first time. Kriti got the better of Denmark's Catherine Rosengren 21-8, 21-15 to win in the second qualifying round. Kriti stunned Ann-Kathrin Spor of Germany, the No 4 seed, 21-15, 15-21, 21-12 in the third and final qualifying round. But, in the first round of the main draw, she lost to World No 27 and the tournament's top seed Line Christophersen of Denmark but lost after a gallant fight 13-21, 14-21.

Tenpin bowling

Kishan R, state tenpin bowling champion, conquered national title holder Akaash Ashok Kumar 403-328 in the Karnataka state ranking tenpin bowling championships during October. But, two-time national champion Akaash had his revenge as he outplayed R Kishan 447-391 in the state ranking tenpin bowling tournament on December 16. In the final played over two games, Akaash won the first at 248-217 and the second at 199-174 to emerge as the champion.

'Alarming' rise seen in M'Rashtra cases

State Health Minister expresses concern, says stricter measures will be imposed, emphasises on following rules

#Mumbai

Maharashtra Health Minister Rajesh Tope on Wednesday expressed concern over the rise in the number of fresh as well as active covid-19 cases in the state, terming it as an "alarming" situation, and said stricter measures will be imposed to stem the infection spread.

Talking to reporters here, Tope urged people and authorities to exercise caution at a time when the new coronavirus variant Omicron has fuelled worries about a fresh spurt in cases. He emphasised on strict adherence to covid-19 protocols and ramping up of vaccination against the infection.

The minister said looking at the rising coronavirus numbers, stricter measures will be imposed, but did not provide details on the nature of curbs. The current curbs have to be observed strictly at parties and other public events, he said. He said in the last 8 to 10 days, the active cases in the state stood in the range of 5,000 to 6,000. On December 10, the state had 6,543 active cases of covid-19, according to a health department bulletin. On Tuesday, the state had 11,492 active cases and on Wednesday (Dec 29), their number may cross the 20,000-mark, the minister said. The rise in active cases in Maharashtra is "alarming", he said. Tope expressed concern over the fast doubling rate of cases in the state, and the rising number of infections in Mumbai.

The minister said Mumbai may clock over 2,200 new cases on Wednesday as against 1,377 on Tuesday. "Everyday, 51,000 tests are conducted in Mumbai, but if 2,200 people test positive, then the positivity rate stands at 4 per cent, which is



Crowd at Marine Drive on Wednesday evening in Mumbai

Don't panic, just follow rules: Aditya Thackeray

As Mumbai reported a spurt in covid cases and one death in the last 24 hours, Maharashtra cabinet minister Aditya Thackeray chaired a meeting at Brihanmumbai Municipal Corporation (BMC) headquarters and urged people to not panic. In a series of tweets, Aditya Thackeray said, "As the cases are rising rapidly, we urge everyone not to panic. However, we all must exercise extreme caution and ensure that we are vaccinated, masked up. This is a time to protect one's self and thereby protect others."

not good. We need to be cautious," he said.

Tope emphasized the need to reduce contacts, wear face masks and maintain social distancing.

Maintaining that covid vaccination should be ramped up, Tope said a list has been prepared of those left out of the inoculation drive so far. Maharashtra will not allow any vaccine wastage, he said. Tope said leaders across all parties, religious figures and NGOs should urge people to participate in the ongoing vaccination drive.

On Tuesday, Maharashtra reported 2,172 fresh coronavirus cases, up by 50 per cent from 1,426 infections recorded a day before, and 22 new deaths. With these additions, the state's COVID-19 tally rose to 66,61,486, while the death toll increased to 1,41,476, as per the health department. — PTI

Nagaland killings: SIT questions 14 Army personnel and locals

#New Delhi

The special investigation team probing killing of locals in Nagaland grilled 14 Indian Army personnel and a few locals, sources said on Wednesday.

The SIT, comprising of local police and Army officers also held meeting with Konyak Union and Konyak Students Union along with relatives of the deceased and village representatives. The team reached Oting village of Nagaland where the incident took place for forensic details.

Last week, the Indian Army said its inquiry into the December 4 incident of civilian killings in Nagaland is progressing expeditiously and all efforts are being made to conclude it at the earliest. "We have taken out notices for people to come forward and assist us in the inquiry by providing any information including videos, photos or any other material from original sources and will be grateful for the same. This can be conveyed on WhatsApp Messenger at +916026930283 or Army Exchange Helpline +913742388456," the Army had said in a statement.

The Indian Army is also said



Village guards keep vigil inside their machan at the entrance of Oting village, in Nagaland

that they are fully cooperating with the SIT inquiry ordered by the State Government. "The people of Nagaland have always cooperated and assisted the security forces in maintaining peace and tranquillity over the last many decades. We share a deep bond of brotherhood, trust and friendship with you," the Indian Army said.

On December 4, a unit of the '21 Para Special Forces' organised an ambush on suspected NSCN (K) Yung Aung faction cadre near Tiru village, Mon district, and instead of gunning down the suspected militants, killed eight civilian miners belonging to Oting village. — IANS

PM Narendra Modi's planned visit to UAE postponed, may be in Feb

#New Delhi

Prime Minister Narendra Modi's planned visit to the United Arab Emirates (UAE) in the first half of next month has been postponed, people familiar with the development said on Wednesday. The prime minister was scheduled to visit the strategically important Gulf nation around January 6, they said.

The people cited above said the visit has been postponed in view of the rising cases of Omicron covid-19

variant and that it could take place in February. Both India and the UAE have witnessed rising cases of Omicron. The year 2022 will mark the 50th anniversary of the establishment of diplomatic ties between India and the UAE and the visit was planned in sync with it. The ties between India and the UAE have seen a major upswing in the last few years. India and the UAE have been holding talks to firm up a comprehensive free trade agreement. — ANI

Keep walking: Active mobility modes in DULT's draft bill

CONTINUED FROM PAGE 1

located adjacent to the footpaths, cycle tracks or shared paths shall meet with the following criteria: bus stops or bus bays shall not reduce the width of footpaths, cycle tracks or shared paths. Bus stops shall have display boards prominently indicating the walking and cycling routes to key destinations in the vicinity.

The first and last mile connectivity to bus stops and transit stations should be ensured through active and sustainable mobility modes like walking, cycling, and public bicycle sharing system and shared micro-mobility system," adds the draft.

"We welcome the draft as many pedestrians are either injured or even

killed due to the absence of footpaths. Many footpaths in the city are done for namesake with scant regard for pedestrians. We hope the state government takes this draft seriously and executes it," Nandan Kumar, a techie, said.

Bengaluru Bicycle Mayor Sathya Sankaran reacted: "This is the bill we have been waiting for. We never had any protection or laws or any kind of cover for pedestrians or cyclists as the motor vehicle act covers only motor vehicles.

Pedestrians and cyclists today have no cover. We hope that this will get us better infrastructure. This is the first time in the country such a draft is prepared. It is definitely a good move."

Walkers at intersections

The draft bill states that when traffic-control signals are not in place or not in operation, the driver of a vehicle should yield the right of way, slowing down or stopping, if need be, to so yield to a pedestrian crossing the road within an intersection when the pedestrian is upon the half of the road upon which the vehicle is travelling, or when the pedestrian is approaching so closely from the opposite half of the road as to be in danger. The draft also states that ordinarily, pedestrians and cyclists must not cross a street except through the designated crossings, either at grade or grade separated crossings.

Where such crossings have not

been provided, it is incumbent upon the Urban Local Body to designate and clearly mark the crossings as soon as feasible, in consultation with the Traffic Management Agency, so as to provide safe crossing facilities to pedestrians and cyclists.

There are suggestions for the pedestrians as well as they are expected to obey the instructions of any traffic-control devices specifically applicable to them, unless otherwise directed by a police officer. "No pedestrian shall cross a road intersection diagonally unless authorised by official traffic-control devices.

Every pedestrian, crossing a street at any point other than within a marked or unmarked crossing at an intersection or crossing a street

where a safe crossing is yet to be provided, shall yield the right of way to vehicles upon the street," states the draft adding that the Urban Local Bodies should institute a grievance redressal mechanism to enable members of the public to report issues pertaining to pedestrian and cycling infrastructure.

While there are many such proposals which are never implemented, the draft states that the Urban Local Bodies and Traffic Management Agencies should ensure proper enforcement of the provisions of this Act through deployment of special squads, regular inspections by officials, utilisation of the services of the Volunteer Active Mobility Wardens and use of technology, etc.



BEST OF DR MAHINDER WATSA

The finest responses of Dr Watsa are being republished in this column as a tribute to him.

1 I am a 24-year-old healthy man. I masturbate three-four times daily and usually ejaculate within five to six minutes. Last month, I tried to have sex with my partner for the first time. But during foreplay, I could not control my hands and started masturbating, because of which I ejaculated before penetration. After that I did not get an erection for the entire day. However, I had a normal erection the next day. After this episode, I have never had sex with my partner. Why did this happen to me?

You have become addicted to masturbation. Doing it a number of times daily is going to lead to trouble, some of which you are already experiencing. Try breaking the habit and reduce masturbation to three times a week only.

2 I am 58 and my wife is 50. We used to have an excellent sex life. But of late, she gets aroused only two-three times a month. We have sex only at those times. For some reason, she has become very philosophical too. I get aroused every day early morning and late evening. So I masturbate to satisfy myself. Where can I buy gadgets that will give me the feeling of an intercourse?

Continue satisfying yourself. But why don't you try to arouse your wife more often? Make some effort and indulge in foreplay for a longer period. You may find some gadgets in the black market.

3 I am 21 and gay. I want to leave this and become normal. Please suggest some physical or mental treatment to get out of this so that I can satisfy my life partner in every way. Homosexuality in the modern world is considered an alternative form of sexuality and as normal as heterosexuality. Unfortunately, this is not what the layman thinks. It is difficult to change perceptions.

**MEET THE
SEXPERS**

Use this QR code to send your questions to us



Why new year resolutions fail

Work out a list of new year goals and plan how to keep them this time

As we approach the end of the year, we may feel more aware or confused, more focused or distracted, more poised or ruffled, more driven or more settled, more ambitious or content - all of this is fine. Whatever our mood, we are preoccupied with working out a list of new year resolutions and how to keep them this time.

So, despite our best intentions, why is it so difficult to stick to resolutions? It doesn't matter if the resolution is to start a new habit or to give up an addiction; it all comes down to consistency and dedication.

Most people blame their failure to fulfill resolutions on a lack of time, resources, or motivation, or a loss of zeal after starting. Only about 16 percent of people are able to follow their resolutions, according to research. The majority give up within one to six weeks of starting, and many of these resolutions are repeated year after year.

There are many reasons why most New Year resolutions don't stick. The main question is: What can be done about this?

Let's take a closer look at the 6 main reasons:

Setting unrealistic resolutions

A resolution is about what you would like to do rather than what you 'should' do. People either establish excessively difficult objectives that quickly become unreachable, or they set relatively easy goals that they quickly become bored with. It's critical to review your resolutions to see if

they're achievable. Are they quantifiable? Are they constrained by time? Are they specific in nature? Are they in line with your goals? Is it possible to break them down into smaller chunks? Is it possible to achieve them within the time frame you've set? Remember that in order to keep a resolve, you must change your behaviour, so make sure your goals are reasonable.

Lack of accountability

Working with a coach, mentor, or accountability partner guarantees that the proper energy and drive are present to help you be more, accomplish more, and have more. Because success is a science, we can be sure that if we follow the steps, we will achieve our goals. Avoid people who sap your energy when choosing an accountability partner, and instead work with people that elevate and encourage you, especially when you're feeling down.

No tracking/ review

A weekly or fortnightly review allows you to keep track of your progress and turn excuses into opportunities. What gets measured gets done, and what gets done can be improved and made a habit with the help of a good tracking system. Many of the apparent barriers are based on assumptions, inferences, judgments, overthink-

ing, and previous points of reference. A track record of accomplishments aids in the development of resolution consistency.

Lack of planning

Great planning is always required for a good implementation. It is more realistic if you plan the action steps around the resolution, break them down into smaller pieces, and schedule them on the calendar. Weekly objectives and plans that are bite-sized create a sense of accomplishment rather than "Oh, I have an entire year to myself, I can always re-start next month when I have more time." Planning also ensures that all necessary adjustments are sketched out ahead of time, along with an understanding of potential challenges. This boosts your chances of success, especially when it comes to long-term goals.

Self-doubt

Don't allow your past failures dictate your future. After you've learned from your failures, it's time to get to work. Every tiny victory should be celebrated because it motivates you to work harder for the larger ones. Being self-critical or doubtful doesn't help since it focuses all of your attention and energy on "why I can't do this?" As you improve, practice thankfulness, compassion, and love for yourself, and don't let a minor setback or disappointment turn into

a permanent failure. Remember that progress is preferable to perfection, and that if you believe in yourself, you can achieve a lot with proper planning, execution, learning, seeking help, and appropriate coaching. Continue on; you are not alone!

Unclear 'why'

A majority of people fail to achieve their objectives because their 'why' is unclear. The 'why' is what motivates people to take action and achieve goals. You may know what you want, but you won't be able to figure out how to get it unless you know why you want it. So, why are you making these resolutions? What motivates you to achieve these objectives? What motivates you to do what you do? What emotional connection does your 'why' have? All excuses go away when the purpose is strong, and one naturally switches from a fixed attitude to a growing mindset.

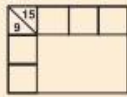
It is important to be mindful, take responsibility, stay committed and direct all focus on the alignment of energy, mindset and action in order to stick to one's new year resolutions. Start with a picture of your future self in your mind; make the image big and bright, feel it deeply and hold onto it as a daily reminder. Don't be too hard or too easy on self and most importantly, enjoy the process of change and transformation. Remember, winners and losers have the same goals; it is what one does to fill the 'gap' in between that makes all the difference.

-IANS

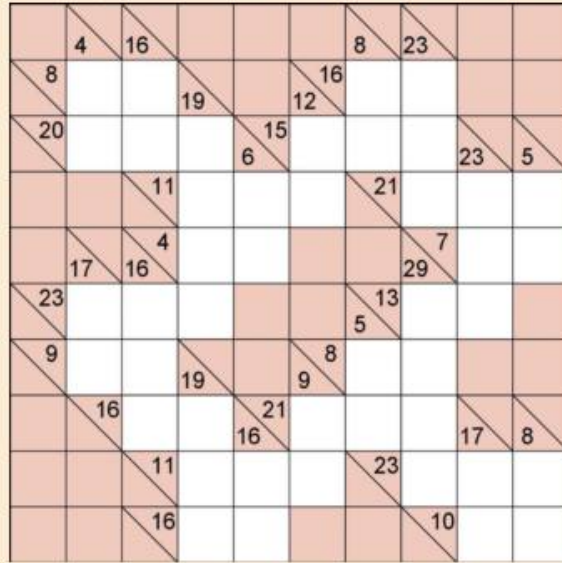
According to research, only about 16 per cent of people are able to follow their resolutions

Kakuro

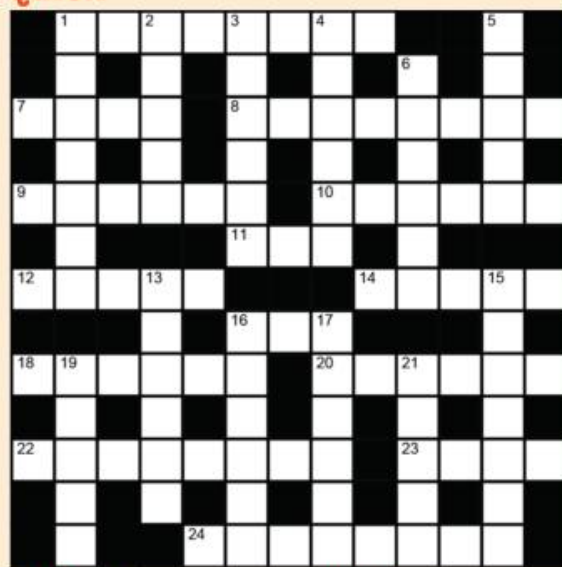
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas



for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9. Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

- 1 Formal occasion (8)
- 7 Dry; barren (4)
- 8 Walking haltingly (8)
- 9 Screens off or cuts out (6)
- 10 Set apart or dedicate (6)
- 11 Food for cattle (3)
- 12 Move to music (5)
- 14 Keep pushing (5)
- 16 Clever humour (3)
- 18 Plaster wall (6)
- 20 A break or gap (6)
- 22 Perplex (8)
- 23 Popular pub in Indira Nagar (4)
- 24 Assumes or feigns (8)

DOWN

- 1 Flower petals, collectively (7)
- 2 Radioactive inert gas (5)
- 3 Brahma, Vishnu, ____ (6)
- 4 Not any person (6)
- 5 Credo or dogma (5)
- 6 Splinter (6)
- 13 Famous city in Kerala (6)
- 15 Examines (7)
- 16 Marvel or question (6)
- 17 Craving for drink (6)
- 19 At that place (5)
- 21 Composer ____ Dvorak (5)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: F EQUALS G
 SYJP CM OPCIF GODP XY MPP
 XSGX XSPHP CM DCFX QPM-
 JGXP GDD YV XSP QGHAPMM.



Linemaro

You might be asked to leave soon. You're making the other women look bad.



Mindchow

The pure and simple truth is rarely pure and never simple



Joke of the day

To steal ideas from one person is plagiarism. To steal from many is research

Loop

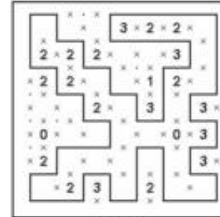
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

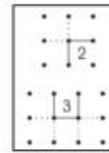
How to begin:

Example (Fig A) - Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

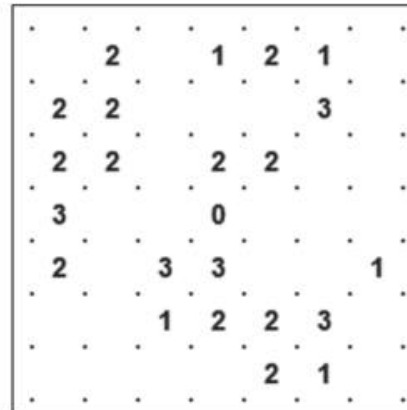
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



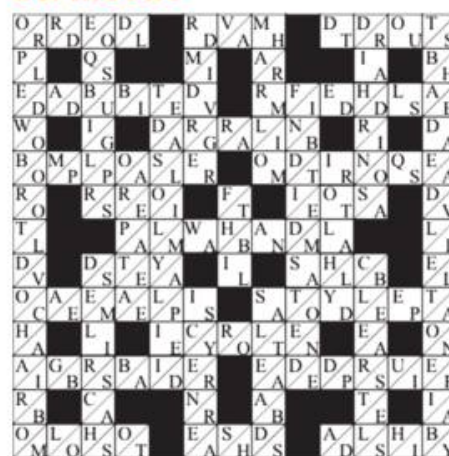
(Fig A)



(Fig B) Not Allowed



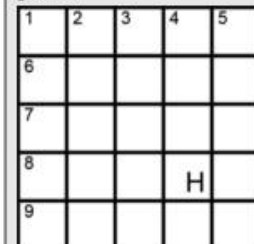
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

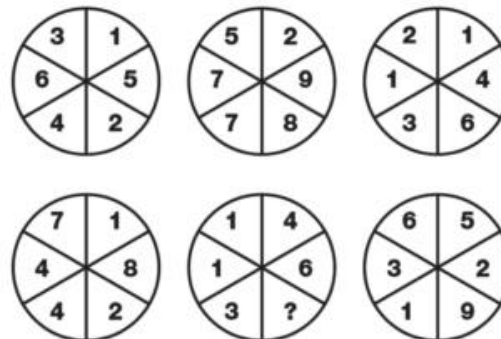
- 1 Stead; 6 Melia (1-4);
- 7 Nog mo; 8 Tough;
- 9 Throb

DOWN

- 1 Be mod; 2 Ma our;
- 3 Tonga; 4 Get hi;
- 5 Holts

Mensa puzzle

What is missing from the lower middle circle?



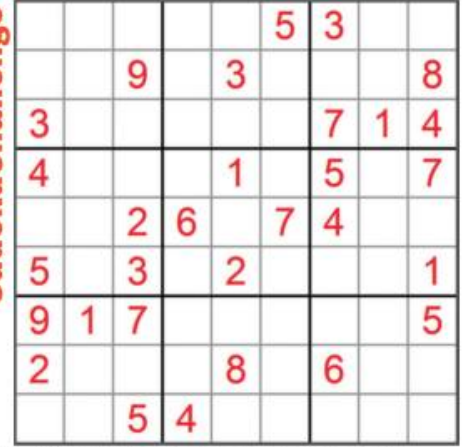
Bull's eye

How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

04 Average; 05 Good; 06 Outstanding



SudokuChallenge



To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



Easy

1 5 8 9 = 11

Medium

2 5 5 7 = 16

Hard

1 8 9 4 = 5

Hocusfocus



Find at least six differences in details between panels.



Differences: 1. TV shelf bracket is moved. 2. TV screen is reversed. 3. Cash register is missing. 4. Label is missing. 5. Finger is moved. 6. Apron shoulder strap is moved.

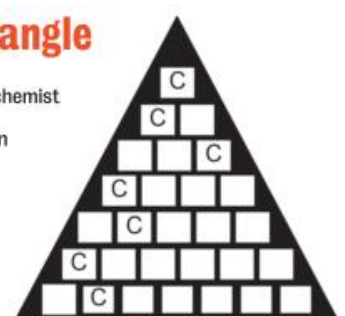
Riddler

You draw a line. Without touching it, how do you make the line longer?

Alpha triangle

- 1 Third letter
- 2 Calcium for the chemist
- 3 Curve
- 4 Worry or concern
- 5 Land measures
- 6 Authorizes
- 7 Filled pastries

Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.



COMICS

Redeye by Mel Casson



Bizarrotrip



Diamond Lil



Hart of the city



Crankshaft



Mutts



WHAT YOUR STARS SAY TODAY

Aries Mar 21 - Apr 20

Today you will be blessed by the moon which may help you to increase your inner strength. You are likely to get some new opportunities in your business and work which will pay you in terms of gains in the near future. Couples may hear good news in terms of childbirth. Lovebirds are advised to be clear in their opinion with each other to make their future bright.



Leo Jul 24 - Aug 23

Today, you may have good patience; meditation may help you to increase concentration which will speed up your project. Your subordinates may cooperate with you; it may help you to complete the project before time. There may be some short trips related to work. You are likely to meet an influential person who may help you boost your business.



Sagittarius Nov 23 - Dec 22

Today, you will be blessed by the moon. Work-related pressure may go off. Your earnings may convert into profits now. You are likely to invest for a long-term period. You may get an overseas work order which may give you financial benefits in the coming future. You may find your soulmate. Students may hear good news in their academics.



Taurus Apr 21 - May 20

Today, you will be blessed by the moon. Things will now be under control. Your performance may be praised by your seniors and you may expect promotions. Money which was stuck is likely to be recovered now; it may help in increasing liquidity in the business. There may be some good news in terms of legal matters also. In partnerships, many issues are likely to be resolved now.



Virgo Aug 24 - Sep 23

Today, you may spend to buy some creative item or artefact to renovate your house, which may increase your social status. You may implement some new plans into your family business; it will pay you in term of gains in near future. You may also be busy in family or social get-togethers.



Capricorn Dec 23 - Jan 20

Today, you will be blessed by the moon; you may perform well on the professional front. You may implement your business plans very easily with the help of your colleagues. Intellectual investments may start giving profits now, which may increase your confidence level. You may use your wisdom to gain benefits.



Gemini May 21 - Jun 21

Today, you may hear good news in terms of a job. Job-seekers may be focused in cracking entrance exams with the help of hard work. Singles may hear good news in terms of marriage. Couples may hear some good news in terms of childbirth.



Libra Sep 24 - Oct 22

Today is a good day for you. You may have good vitality and health. You may enjoy your work. Today this is your challenge to avoid straightforwardness. It is advised to avoid arguments on worthless topics, otherwise there may be some disputes in the family. Job-seekers may find a suitable job. Lovebirds are advised to avoid arguments on worthless topics.



Aquarius Jan 21 - Feb 19

Today, you will be blessed by the moon. Your spiritual power may make you happy. Your way of thinking may be positive. You will be inclined towards spiritualism today. You may plan to visit some religious place. You may also take an interest in occult science. You are likely to observe flawlessness in your nature. It is advised to keep your views with you only; try to discuss with those who may understand your feelings.



Cancer Jun 22 - July 23

Today, you may plan for a change in place; it is advised to postpone the decision related to migration. It is also advised to avoid investment in business. By late evening, situation may be under control. With the help of good advice from one of the elders, you may control the messy situation.



Scorpio Oct 23 - Nov 22

Today, you will not be blessed by the moon. You may feel unhappy; you may become impatient today; you may find it difficult to perform your task and may not be able to fulfil your desire. You want to be detached from the given responsibility. You may not be able to complete any task.



Pisces Feb 20 - Mar 20

Today, you may feel nervous; you may have a lack of patience in seeking peace; you may be attracted towards the occult; it is advised to follow your intuition before going ahead. You may also get in-depth knowledge on a subject or you may have a good focus towards your research. Chanting mantras may help you in this situation.



KIDZONE

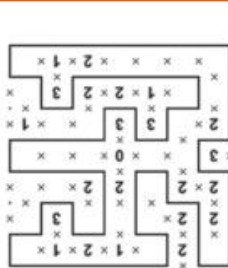
S Nalini, D C Halli
BangaloreNavya A,
7 Years,
Venkat
International
School

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS



KAKURO



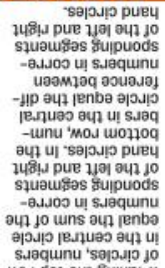
LOOP



ALPHA



SUDOKU



MENSA PUZZLE



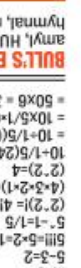
QUICK



STRIKE OUT



RIDDLE



QUOTE

Queen of the beaches

Disha Patani's beach pictures never fail to leave us craving for sun and sand and summer

Time and again, Disha Patani's social media handles have spoken volumes about her love for beaches, and there's no such moment, where she doesn't update her fans about the same. Being a water baby, Disha makes sure to share postcard-perfect pictures from her dreamy beach vacays and also shell out noteworthy style statements. Let's take a look at 5 such times when Disha's beach diaries made us envious...

brightest smiles, the actress let the breeze play with her hair.

Pretty in pink

This time the 'Malang' actress looked breathtakingly gorgeous donning a neon pink swimsuit. The actress treated her fans with a bundle of pictures from her beach vacay. While in one of them she was soaking in the gentle sun, in the next pic she was seen basking in the laps of nature and white sand.

Bundle of sunshine

Donning a pretty floral outfit, Disha looked all things cute and adorable spending some time at the bay. More often than not the actress has acknowledged her love for beaches, and whenever she gets time to take an off from her busy schedule, she makes sure to update fans about beach vacays.

Warm glow

Amid the azure blue waters, Disha Patani looked mesmerizing soaking in the sunlight. Donning a white bikini, the actress struck a pose with utmost perfection. She was totally living in the moment and these pictures are a proof.

Evening glow

From her recent beach vacay, the actress treated her fans with an alluring photo of herself looking effortlessly glam. Dressed in a brown bikini, the actress looked breathtakingly gorgeous basking in the evening skies. She also shared a gorgeous silhouette of herself admiring the azure blue waters.

The leopardess

Once again Disha made heads turn in a leopard printed bikini during one of her beach vacays. She looked effortlessly glam heating up cyberspace, sharing her fondest moments. Donning one of her



'I don't do boyfriends, I do biryani'



Karisma Kapoor enjoys a massive fan following on social media. The actress often shares pictures and videos of herself on her Instagram handle. Recently, she shared a photo of herself holding a plate of biryani.

In these pictures, we can see Karisma wearing a black sweatshirt and matching leggings. Her hair was tied into two braids and she wore a bucket hat with 'I don't do boyfriends' written on it. The post was captioned as, 'I don't do boyfriends...I do biryani #lololoves'.

As soon as she shared the post, Sanjay Kapoor, Amrita Arora and Natasha Poonawalla among others dropped laughing emojis on the post. Kanika Kapoor wrote, 'Yummmm', while Zahaan Kapoor dropped a fire emoji in the comments section.

The actress is a single mom to her two kids - Samaira and Kiaan Raj Kapoor. She often gives us a glimpse of her bundles of joy through her Instagram posts.

On the work front, Karisma was last seen in the 2012 film 'Dangerous Ishhq'. Since then she has appeared in special roles in 'Bombay Talkies' and 'Zero'.

How to shut the trolls up

Harnaaz Sandhu made the country proud when she was crowned Miss Universe 2021 earlier this month. The Chandigarh-based model-actor brought home the honour 21 years after Lara Dutta had won the title in 2000. During a recent interview, Harnaaz reacted strongly to trolls who claimed that she won the prestigious pageant only because she has a 'pretty face'.

Miss Universe Harnaaz Sandhu stated that she knows the amount of effort that went into earning this prestigious win and that instead of arguing with the trolls, she would rather work hard to make them realise her worth. She added that winning this honour was a lot like an



'Olympic' win and questioned why a sports-person representing the country is appreciated but not beauty pageant winners. Harnaaz concluded by saying mindsets are now changing, and that she is happy to be breaking stereotypes. About her plans for the new year, Harnaaz had told ETimes, "My advocacy is regarding women empowerment and for this, I have been focusing on my community because I have seen how my mother has dealt with a patriarchal system. I would like to talk about women empowerment, beginning with menstrual hygiene because it all starts from within. When you have a healthy body and mind that's when you can follow your purpose." -ETimes

Shahid Kapoor's take on nepotism in Bollywood: 'I didn't get a big launch'

Bollywood actor Shahid Kapoor was recently asked to express his thoughts on the never-ending debate on nepotism in the film industry. While promoting his upcoming sports drama 'Jersey', the actor opened up about being unaffected by the nepotism debate.

During an interview with an entertainment portal, Shahid revealed that although he is the son of Neelima Azeem and Pankaj Kapur, he never really got a big launch when he made his acting debut.

Talking about not having enough opportunities back then, he told Bollywood Bubble, "We never really had the opportunities that you're saying. People think about it like that, I think people can sense it, I mean we didn't get a launch like that."

He further added that while he comes from a filmy background

where his parents have been popular faces with exceptional talent at a young age, he doesn't think he was similarly "exceptional at an early age". Infact he believes that he is getting better now.

Shahid who was last seen in his blockbuster hit 'Kabir Singh' is currently awaiting the release of 'Jersey' after a successful trailer launch. In the film, he will be seen sharing the screenspace with Mrunal Thakur in the lead.

On Tuesday, the makers of 'Jersey' announced that the film has been pushed yet again owing to the surge in coronavirus cases across the country and concerns over the new Omicron variant. The news of the film being delayed for the fourth time and the announcement came just three days before its nationwide release in theatres. It was slated to release on December 31. -ETimes

